

B.O.V. Outdoor Fitness Class Descriptions

***All classes are 45 minutes, and are limited to 12 participants per class.**

***Bring your own mat, towel, water bottle, and optional weights/bands, since no equipment will be provided by the club.**

***Phone reservations are required for all classes up to 3 days prior to the class until full.**

*** Masks are required for all classes except Aqua Fit, and social distancing protocols will be followed.**

Strength and Conditioning

This class will include a warm-up to increase circulation to all the muscles and tissues. Bodyweight training is beneficial for all participants, helping to increase bone density and metabolism while improving strength and endurance. Bring your own dumbbells, tubing or stretch bands if you would like to incorporate them into your workout.

PiYo

PiYo is a format originally created by BeachBody. It is a mind-body class which combines Pilates and Yoga training to upbeat music and will be slightly faster paced than slow flow yoga and traditional Pilates. Come try it out this summer! No equipment necessary for this class.

R.I.S.E./L.I.F.F.T.

This hybrid pavilion class combines the acronyms “Retain your Independence, Strength and Energy” and “Lo-Impact Functional Fitness Training”. We will be doing a light cardio warm-up to increase circulation and heat up the body’s muscles and tissues. Following that, there will be specific strength and balance exercises to help prevent falls and target muscles that help to maintain a healthy spine, ending with stretches. Bring your own light dumbbells or stretchy bands if you have them.

Mobility for Sports Performance

Improve athletic performance for any sport by learning to strengthen your end ranges of motion and bulletproof your joints. Touching your toes is great but creating force from that position is better! This class is intended for any athlete whether your recreational sport is swimming, cycling, tennis, golf, or pickle ball. The desired effect is that we all move more efficiently and prevent injuries. Come and try this new summer class!

Happy Hour Yoga

Unfortunately, we will not imbibe any beverages besides water in this class; however, Friday afternoons are typically a time to unwind and enjoy a gentle flow yoga class for everyone! Chairs are provided for those who wish to do yoga with seated support. It is not necessary to have yoga experience for this class, just come and enjoy some therapeutic movement and learn to breathe better!

Zen Flow

This early bird yoga style class allows the instructor to bring individual style to the practice. There will be traditional yoga poses as well as some unique body flow movements. Bringing our yoga practice outdoors in the early morning allows a sense of peace and tranquility to cleanse our mind, body and soul while shedding excess stress. Please join us for this class, and no equipment is necessary unless you would like to bring your own yoga blocks and/or strap.

Aqua Fit

Join our amazing Aqua instructors for a refreshing thorough pool workout this summer! This class is perfect for those who suffer from arthritis and other joint related issues. Also during this pandemic, it is good to know that viruses do not survive in the chlorinated water so that’s a plus!

Kidfit Campers (ages 7-11 yrs old)

Join us outdoors for a fun-filled “socially distanced” kids workout. This class will provide your child with fitness tips and stress reducing movements to exercise the lungs and body! Please bring a beach towel, tennis ball, jumprope, and water bottle. Take a break from screen time and practice more healthy habits in the fresh air!